



FUN DRILLS

Farmington Youth Football Association
2025



DRILLS

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TENNIS BALL DROP

- **PURPOSE:**
To improve reaction time and hand-eye coordination.
- **COACHING TIPS:**
 - Keep eyes on the ball and hands ready.
 - Avoid diving—stay on your feet as much as possible.

Execution

SETUP:

- **Equipment:** 2 tennis balls, 2 cones
- **Field Setup:** Place 2 cones 3 yards apart.
- **Teams:** Split players into 2 teams, each lining up behind a cone.
- **Coach Position:** Stand 5 yards in front of the players.

1. The coach holds both tennis balls out to the side.
2. When both players are ready, the coach throws both balls straight down to the ground.
3. The first players in line from each team sprint to catch their respective ball before it bounces twice.
4. A successful catch before the second bounce earns 1 point.
5. First team to 10 points wins.

MODIFICATIONS

- **Make it Easier:** Coach stands closer (3 yards away).
- **Make it Harder:** Coach stands further back (7-10 yards away).

TIC-TAC-TOE CONDITIONING

- **PURPOSE:**

A fun, competitive conditioning drill that improves field awareness and agility.

- **COACHING TIPS:**

- Use pennies, rings, or other small objects if bean bags are unavailable.
- Emphasize quick decision-making and communication.

Execution

SETUP:

- **Equipment:** 16 cones (tic-tac-toe grid), 10+ bean bags (or small markers).
- **Field Setup:** Create a tic-tac-toe grid using 16 cones.
- **Teams:** Split players into 2 teams.
- **Starting Line:** Place a cone 10 yards from the grid for each team.

1. On the coach's signal, the first player from each team sprints to the grid and drops a bean bag in an open square.
2. The player sprints back and tags the next teammate, who repeats the process.
3. Teams aim to get 3 bean bags in a row to win.
4. If a game ends in a tie, reset and play again.
5. Play best of 3-7 rounds for a full competition.

MODIFICATIONS

- **Make it Easier:** Move the starting line closer to the grid.
- **Make it Harder:** Move the starting line farther back or reduce team sizes to increase running time.

TIC-TAC-TOE THROWING

- **PURPOSE:**

A competitive throwing drill that helps players make accurate passes under pressure.

- **COACHING TIPS:**

- Players can 'steal' squares by landing passes in occupied spots.

Execution

SETUP:

- Create a tic-tac-toe grid using 16 cones (4x4 rows).
- Split players into 2 teams.
- Place 2 cones 10 yards from the grid for throwing lines.

1. Players take turns throwing the ball at the grid.
2. The coach marks the landing spot with a beanbag.
3. Teams alternate turns, aiming to get 3 in a row.
4. First team to complete a tic-tac-toe wins.

MODIFICATIONS

- **Make it Easier:** Move the throwing line closer.
- **Make it Harder:** Move the line 15-20 yards away.

ROBIN HOOD THROWING

- **PURPOSE:**

A competitive throwing drill to teach players how to throw accurately under pressure.

- **COACHING TIPS:**

- Encourage players to aim with control rather than throwing too hard.
- Teach them to arc the ball, similar to a basketball shot, for better accuracy.

Execution

1. Players take turns stepping up and throwing a football at the target.
2. Points are awarded based on where the ball lands:
 - **1 point** for the outer square.
 - **5 points** for the inner square.
 - **10 points** for hitting the bullseye.
 - If the ball lands on a cone, count the higher point value.
3. Each player gets 3-5 throws per round.
4. The player with the highest score at the end of the round wins.
5. Players try to beat their previous best score in subsequent rounds.

SETUP:

- **Equipment:** 12 cones, footballs, a bucket
- **Field Setup:** Create a 5x5-yard square with cones, a smaller square inside it, and a center target (bullseye).
- **Starting Line:** Players line up 10 yards from the target.

MODIFICATIONS

- **Make it Easier:** Move the throwing line closer or make the target larger.
- **Make it Harder:** Move the line back, make the targets smaller, or subtract 1 point for missing the target area entirely.

DROP IN THE BUCKET

- **PURPOSE:**

To improve passing accuracy and touch.

- **COACHING TIPS:**

- Emphasize touch and arc on the throw to improve accuracy.
- Encourage players to get some air on the ball for the best chance of accuracy.

Execution

SETUP:

- **Equipment:** Stack of footballs, garbage can
- **Field Setup:** Place a garbage can 15 yards from the throwing line.
- **Teams:** Players form a line with a stack of footballs nearby.

1. The first player in line throws a pass, aiming to 'drop it in the bucket.'
2. Scoring system:
 - **1 point** for hitting the can off the bounce.
 - **3 points** for hitting the can in the air.
 - **5 points** for getting the ball inside the bucket.
3. Each player gets 3-5 throws per round.
4. The player with the highest total score at the end wins.

MODIFICATIONS

- **Make it Easier:** Move the throwing line closer (10 yards away).
- **Make it Harder:** Increase the throwing distance.

MIRROR DRILL

- **PURPOSE:**

To develop quick lateral movements and defensive reaction skills.

- **COACHING TIPS:**

- Encourage quick, controlled movements.
- Keep a low athletic stance.

Execution

SETUP:

- **Equipment:** 4 cones
- **Field Setup:** Create a 5x5-yard square.
- **Teams:** Players pair up, facing each other.

1. One player is the leader and moves side to side, forward, or backward.
2. The other player must mirror their movements as closely as possible.
3. Each round lasts 15-20 seconds before switching roles.

MODIFICATIONS

- **Make it Easier:** Reduce the movement area.
- **Make it Harder:** Increase the movement time or add a reaction cue.

GAUNTLET DRILL

- **PURPOSE:**

To improve ball security and grip strength under pressure.

- **COACHING TIPS:**

- Teach players to keep the ball high and tight.
- Use both hands when contact is expected.

Execution

SETUP:

- **Equipment:** 6 tackling dummies or defenders
- **Field Setup:** Straight running lane

1. The ball carrier runs through defenders who attempt to strip the ball.
2. Players must maintain control while using proper form to protect the ball.
3. A successful rep is completing the run without a fumble.

MODIFICATIONS

- **Make it Easier:** Reduce the number of defenders.
- **Make it Harder:** Have defenders actively swipe at the ball.

RED ZONE SCRAMBLE

- **PURPOSE:**

To improve quarterback decision-making under pressure.

- **COACHING TIPS:**

- Emphasize quick reads and pocket awareness.
- Teach controlled scrambling to extend plays.

Execution

SETUP:

- **Equipment:** Footballs, cones, pass rushers
- **Field Setup:** 10-yard red zone area

1. QB drops back to pass while rushers apply pressure.
2. Receivers run quick routes in the red zone.
3. QB must decide whether to scramble or throw.

MODIFICATIONS

- **Make it Easier:** Allow extra time before rushers engage.
- **Make it Harder:** Reduce decision time or add more rushers.

CONE WEAVE DRILL

- **PURPOSE:**
To improve footwork, agility, and lateral movement.
- **COACHING TIPS:**
 - Keep knees bent and stay light on the feet.

Execution

SETUP:

- **Equipment:** 6-8 cones
- **Field Setup:** Place cones in a zig-zag pattern.

1. Players weave through cones while keeping low and maintaining balance.
2. Focus on quick, precise steps rather than speed.

MODIFICATIONS

- **Make it Easier:** Space cones farther apart.
- **Make it Harder:** Reduce space between cones and increase speed.

THE SPIDER WEB

- **PURPOSE:**

To get loose while working on throwing and catching skills.

- **COACHING TIPS:**

- Catch using the 'diamond' technique – hands up with index fingers and thumbs together. • Passers should lead with their front shoulder and step into the throw.

Execution

SETUP:

- Have 8 players spread out in a 10x10 yard square.
- 1 player starts in the middle with a ball, while the rest form a circle.

1. The 'spider' in the middle throws a pass to a player in front of them.
2. The receiving player throws the ball back to the middle, building the 'web.'
3. If the player in the middle drops a pass, they are eliminated.
4. After each round, the circle moves back 5-10 yards.
5. The last player standing wins!

MODIFICATIONS

- **Make it Easier:** Players stand 5-7 yards apart.
- **Make it Harder:** Any dropped pass results in elimination.

BULL RUSH

- **PURPOSE:**

A team game focusing on evasive running, pursuit, and conditioning.

- **COACHING TIPS:**

- Play two-hand touch or use flags.
- Last player must successfully cross the play area once more to win.

Execution

SETUP:

- Setup a 20x20 playing area using 4 cones.
- Select 1 player to start in the center ('bull').
- Assign numbers to the other players lined up on one side.

1. Coach calls a number – that player must sprint across the play area.
2. The 'bull' attempts to tag the runner before they reach the other side.
3. Tagged players become additional 'bulls.'
4. The game continues until one player remains untagged.

MODIFICATIONS

- **Make it Easier:** Widen the area or shorten the distance.
- **Make it Harder:** Start with two 'bulls' or shrink the play area.

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MODIFICATIONS

- **Make it Easier:** Widen the area or shorten the distance.
- **Make it Harder:** Start with two 'bulls' or shrink the play area.

BULLSEYE THROWING

- **PURPOSE:**

Improve throwing accuracy and touch in a competitive setting.

- **COACHING TIPS:**

- Teach players to use touch and arc their throws.
- Count the throw if it lands in the bucket but knocks it over.

Execution

SETUP:

- Place a garbage can on the field.
- Set 3 cones at 5-yard intervals in front of the can.
- Players form a line at the first cone, each with a football.

1. The first player throws the ball, aiming for the garbage can.
2. If they land the ball in the can, they move to the next cone.
3. First player to successfully throw from all 3 cones wins!

MODIFICATIONS

- **Make it Easier:** Use 2.5-yard increments.
- **Make it Harder:** Move the first cone back another 5 yards.

EASY UPS

- **PURPOSE:**

Teach receivers to track deep balls and make sideline/end zone catches.

- **COACHING TIPS:**

- Track the ball over the inside shoulder.
- Catch in stride; don't jump unnecessarily.

Execution

SETUP:

- Use 4 cones to create a 15x5-yard rectangle.
- Players line up on one side; the QB/coach stands on the other with footballs.

1. On the passer's signal, the first receiver runs a go-route.
2. After 5 steps, the passer throws a high, arcing pass.
3. The receiver tracks the ball and makes the catch.
4. Dropped passes result in elimination.
5. Continue until one receiver remains.

MODIFICATIONS

- **Make it Easier:** Use a shorter rectangle or throw after 2 steps.
- **Make it Harder:** Require one foot inbounds or lengthen the route.

FLOOR IS LAVA

- **PURPOSE:**

Develop communication, field awareness, throwing, and catching skills.

- **COACHING TIPS:**

- Encourage proper passing/catching form.
- Players should lead with their throwing shoulder and step into the throw.

Execution

SETUP:

- Pair up players and give each team a football.
- Designate a 20x10-yard play area with 4 cones.
- Scatter an additional 10 cones inside the area.

1. Passers start on an 'island' (cone).
2. Partners sprint to find an open 'island' before receiving a pass.
3. After catching, the passer must move to a new 'island' before passing back.
4. Track the number of completed passes.
5. The pair with the most completed passes after 1-minute wins.

MODIFICATIONS

- **Make it Easier:** Use tennis balls instead of footballs.
- **Make it Harder:** Deduct 1 point for every dropped pass.

ULTIMATE FOOTBALL

- **PURPOSE:**

A fun competitive drill that allows players to focus on passing, receiving, and getting open in space.

- **COACHING TIPS:**

- Teach players good passing fundamentals and how to get open/cover receivers.
- For high passes, form a diamond with thumbs and index fingers.
- For low passes, create a basket with pinkies together.

Execution

SETUP:

- Using 6 cones, create a mini rectangular field (40x20 yards).
- Split players into 2 teams – 1 on offense with the ball and 1 on defense.

1. Both teams go to their end zones.
2. Coach starts the game by throwing a 'kickoff' to the offense.
3. The game begins on the coach's signal, and receivers try to get open.
4. The ball carrier cannot move – the only way to advance is by passing.
5. If the ball hits the ground or is intercepted, possession changes.
6. A catch in the end zone is a score, triggering a change of possession.

MODIFICATIONS

- **Make it Easier:** Remove 1-2 players per team to simplify the game.
- **Make it Harder:** Add a time limit for possessions or restrict the number of passes allowed.

FOOTBALL TENNIS THROWING

- **PURPOSE:**

A fun twist on tennis that teaches players how to read the field and deliver different pass types accurately.

- **COACHING TIPS:**

- Players should call 'mine' to avoid collisions.

Execution

SETUP:

- Use 4 cones to create a 15x10-yard rectangle (court).
- Mark the center line with extra cones.
- Split players into groups of 2; each team takes one side of the court.

1. The starting team throws the ball to the opposite side.
2. If the ball lands on the opponent's side, the throwing team scores 1 point.
3. If the opponent catches the ball, they return it.
4. The round continues until a point is scored.
5. First team to 5 points wins.

MODIFICATIONS

- **Make it Easier:** Players must declare their intended target before throwing.
- **Make it Harder:** Play 1v1 instead of 2v2.

FIND A WAY TO WIN

- **PURPOSE:**

A fun, competitive conditioning drill – a football twist on musical chairs.

- **COACHING TIPS:**

- This is a great way to end practice and build competition. Offering a small reward (e.g., a gift card) can boost engagement.
- Emphasize safety: reckless players are automatically eliminated.

Execution

SETUP:

- Split players into teams of six, grouping them by size and speed.
- Have five coaches (or parents/assistants) hold tackling dummies.
- The first team of six players lays down in the middle of the field.

1. On the coach's signal, six players get up, locate a bag, and attempt to tackle it first.
2. The player who fails to secure a dummy is eliminated.
3. Rotate the next group of players, resetting the bags each round.
4. Continue rounds, combining groups when necessary, until only two players remain.
5. The final matchup determines the game winner.

MODIFICATIONS

- **Make it Easier:** Shrink the play area to shorten running distance.
- **Make it Harder:** Start with two fewer bags than players.

OPEN WHEEL SHUFFLE AGILITY DRILL

- **PURPOSE:**

To teach defenders proper footwork in the secondary and how to track the passer's eyes.

- **COACHING TIPS:**

- Walk through the movement before starting to ensure proper technique.

Execution

SETUP:

- Set up four cones to create a 10x10-yard area.
- Players form a line outside the box; the first player steps into the middle.
- A coach stands on the edge of the box with a few footballs.

1. The first player starts a few yards inside the square, facing the coach.
2. On the coach's signal, the player backpedals while keeping their eyes on the coach.
3. The coach signals left or right, and the player shuffles accordingly.
4. The coach throws a pass over their head; the player pivots, tracks the ball, and attempts to catch it.
5. The player returns the ball and resets. A dropped pass results in elimination.
6. The last remaining player wins.

MODIFICATIONS

- **Make it Easier:** Allow players 1-2 lives before elimination.
- **Make it Harder:** Increase throwing distance by 5-10 yards.

TWO-MAN ROUTES

- **PURPOSE:**

- Improve communication and chemistry between QBs and WRs.
- Teach defenses to handle tempo.

- **COACHING TIPS:**

- Players must quickly communicate without a huddle. Encourage hand signals and spacing awareness.

Execution

SETUP:

- **Offense:** 1 QB, 2 WRs per team.
- **Defense:** 1 LB, 2 DBs.
- WRs line up on the line of scrimmage; defense matches up accordingly.

1. QB snaps the ball; WRs attempt to get open.
2. Defense reacts, QB makes a pass.
3. Scoring:
 - 1 point for a 5-yard gain.
 - 1 point for an incompleting or a gain of less than 5 yards.
 - 3 points for an interception.
4. First team to 5 points wins.

MODIFICATIONS

- **Make it Easier:**
 - Increase time between snaps.
 - Remove the LB or safety.
- **Make it Harder:**
 - Decrease time between snaps.
 - Only give points for 10+ yard gains.
 - Add a pass rusher (no contact).

CHASE THE CHICKEN

- **PURPOSE:**

To teach pursuit angles, leverage, and teamwork in tackling.

- **COACHING TIPS:**

- Outside defenders must maintain leverage to prevent an easy escape.
- The middle defender should control the center of the field.

Execution

SETUP:

- One player is the 'chicken' (ball carrier).
- Three defensive players line up 10 yards away.

1. On the coach's signal, the chicken tries to run across a designated area.
2. Defenders must work together to tag the chicken simultaneously.
3. Scoring:
 - 3 points if the chicken escapes.
 - 1 point per successful defensive stop.
4. Rotate roles; the first player to 7 points wins.

MODIFICATIONS

- **Make it Easier:** Shrink the play area to reduce escape routes.
- **Make it Harder:** Reduce the number of defenders to two.

CHASE THE RABBIT

- **PURPOSE:**

To train running backs to hit the hole hard, accelerate quickly, and read the defense on the move.

- **COACHING TIPS:**

- Emphasize proper tackling form—Foxes should aim for waist-level tackles, not low trips.
- RBs should avoid slowing down or stutter-stepping at the hole.

Execution

SETUP:

- Create a gauntlet with cones marking the line of scrimmage (LOS) and tackling dummies forming a “hole.”
- The “Rabbit” (ball carrier) starts 5 yards behind the LOS.
- “Foxes” (chasers) form a line 5–7 yards behind the Rabbit.
- A center or coach snaps the ball to the Rabbit.

1. On the coach’s signal, the Rabbit sprints through the hole and cuts outside at the second level.
2. The first Fox releases as soon as the Rabbit starts running, attempting to chase them down.
3. The Rabbit must reach the cone before being caught.
4. Players rotate positions: the previous Fox becomes the Rabbit, and a new Fox enters.
5. Scoring system:
 - Rabbit escapes = 2 points.
 - Fox makes a tackle = 1 point.
6. First player to 10 points wins.

MODIFICATIONS

- **Make it Easier:** Move the Foxes' starting position back or delay their release.
- **Make it Harder:** Add a second Fox at the sideline to act as a safety.

LADDER DRILL

- **PURPOSE:**

To teach ball carriers how to find running lanes on outside runs and when to bounce to the sideline.

- **COACHING TIPS:**

- Cutting back to the middle is an instant failed rep.
- RBs should keep the ball in their outside hand for better ball security and effective stiff arms.
- Teach RBs to read the blocker's butt to determine the best cut direction—if uncertain, go outside.
- Stay at least 1 yard from the sideline to avoid going out of bounds too early.

Execution

SETUP:

- Six cones to simulate the offensive line
- Three coaches holding tackling dummies to simulate the defense
- One coach simulating the edge block
- Players lined up on the far sideline
- Running back (RB) starts 5 yards behind the offensive line

1. On the coach's signal, the RB runs toward the edge of the line.
2. The RB reads the coach's block:
 - If the block is pushing outside, cut upfield.
 - If the block is pushing inside, bounce to the sideline.
3. At the second level, the RB finds the next hole and avoids defenders while moving toward the sideline.
4. The ball carrier must pass the cone before being forced out of bounds—each success earns 1 point.
5. First player to 5 points wins!

MODIFICATIONS

- **Make it Easier:** Remove the safety from pursuit.
- **Make it Harder:** Start the drill closer to the sideline, reducing space for the RB.

TUNNEL RUN

- **PURPOSE:**

A competitive drill to develop toughness, tackling ability, running skills, and field awareness.

- **COACHING TIPS:**

- Defenders should get wide to prevent outside runs.

Execution

SETUP:

- Four tackling dummies create running lanes.
- Two cones placed 5 yards behind the dummies as a goal line.
- Players split into two teams (or captains pick teams).
- Four defenders positioned in the running lanes.
- A coach stands 5 yards behind the dummies with a squash ball.
- Four offensive players crowd around the coach.
- One additional defender acts as a safety on the goal line.

1. The coach secretly gives the squash ball to one offensive player.
2. All offensive players turn and try to disguise who has the ball.
3. On the whistle, all four offensive players rush forward through the lanes.
4. The safety attempts to identify and help tackle the ball carrier.
5. Scoring system:
 - If the player with the squash ball scores, offense earns 7 points.
 - Any other offensive player scoring = 1 point.
 - Defense stops squash ball RB = 3 points.
 - Defense stops other RBs = 1 point each.
6. After 3–5 minutes, captains call out scores—losing team runs wind sprints!

MODIFICATIONS

- **Make it Easier:** Remove the safety if the defense is dominating.
- **Make it Harder:** Add a second backline defender to challenge the offense.

TEXAS SWING

- **PURPOSE:**

To improve open field tackling, blocking, and running skills.

- **COACHING TIPS:**

- Ensure players use proper blocking and tackling techniques.
- Water break at halftime!
- Penalties = automatic 3 points for the opposing team.

Execution

SETUP:

- Three tackling dummies on each side to create a 10-yard-long, 10–15-yard-wide lane.
- Players split into two teams (captains can pick).
- Offense starts with the football.

1. On the whistle, the offense runs into the lane with a ball carrier and two lead blockers.
2. The defense tries to make a stop while the offense attempts to score.
3. Each quarter consists of five plays, switching offense and defense after each.
4. Scoring system:
 - Defense holds offense to <3 yards = 2 points.
 - Tackle behind LOS = 3 points.
 - Forced fumble = 5 points.
 - Offense gains >5 yards = 2 points.
 - Touchdown = 3 points.
5. After 20 plays, the game ends—losing team does burpees!

MODIFICATIONS

- **Make it Easier:** Remove one blocker so the defense has an easier time.
- **Make it Harder:** Add bonus points for consecutive touchdowns.

4-BAG SHUFFLE

- **PURPOSE:**

To develop pursuit angles, tackling fundamentals, and defensive agility.

- **COACHING TIPS:**

- Prioritize proper tackling form—stop play if technique is unsafe.

Execution

SETUP:

- Four tackling dummies create three running lanes (about 3 yards wide).
- Ball carriers form a line 5 yards from the running lanes.
- Defenders form a line 5 yards opposite the ball carriers.
- A coach stands behind the ball carrier line.

1. The coach whispers a number (1–3) to the ball carrier, indicating their assigned lane.
2. On the whistle, both the ball carrier and defender shuffle toward the running lanes.
3. When the RB reaches their assigned lane, they explode forward.
4. The defender meets the ball carrier in the middle of the lane, wraps up, and makes the tackle.
5. Scoring system:
 - Successful tackle = 1 point for defense.
 - Ball carrier gets through = 1 point for offense.
6. After all players have a turn, teams switch sides—highest score after two rounds wins.

MODIFICATIONS

- **Make it Easier:** Remove one running lane, reducing the number of options.
- **Make it Harder:** Add a fourth lane to increase unpredictability.